

ALL IRELAND MOTHERS' UNION
INVITE YOU TO A

*'Rebuilding Hope & Confidence -
Living with Covid-19'*

Zoom Breakfast

Saturday 6th February 2021

10am to 12.30pm

10.00am — 10.15am Welcome

10.15am — 10.45am Speaker - Lydia Monds

10.45am — 11.00am Activity

11.00am — 11.15am Comfort Break

11.15am — 11.45am Speaker — Karen Gray

12.00pm — 12.30pm Midday Prayers including Annabelle Hayes Celebration

**For more information on
our speakers and booking
information see over.**





Lydia Monds - is the Education Advisor to the Bishops' Appeal, which is the Church of Ireland world aid and development programme. She raises awareness about justice issues around the world. In this role she has worked closely with Mothers' Union, supporting the funding of their literacy and community projects in a number of countries worldwide. She has visited the Mothers' Union in Rwanda and Burundi and has partnered with Mothers' Union in Ireland in their campaigns for raising awareness and breaking the silence on gender based violence. Lydia also works in Children's and family ministry and is a parent to two young boys.



Karen Gray - is an eco trauma therapist combining therapy and nature. By simply using nature as part of the healing process Karen believes we can be well naturally and her website she says the following:- Ancient wisdom has always known and scientific research has shown - and continues to confirm - that traumatic events are stored in the body and in the subconscious mind. What we find stressfully overwhelming can result in subconscious trauma that eventually reveals itself as a mental or emotional injury and physical disease. To release this, we need to work on ways that move it through ourselves, gently and without re-traumatising.

Places are limited to secure your place email:

allirelandym@gmail.com

before

Friday 15th January 2021

